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NEWS
WORTH
SHARING.



Crosswalk cross hairs

Report finds most vehicle collisions with people occur at pedestrian crossings **PAGE 3**

VegFest offers food for thought

Inaugural event all about plant-based eating **PAGE 19**



SCOTLAND DECIDES

AS SCOTS HEAD TO THE POLLS TO VOTE ON INDEPENDENCE, METRO STAFFERS TRADE VIEWS ON SOVEREIGNTY **PAGE 14**



THE FACES OF WAR

Visitors to the Halifax Waterfront on Wednesday look over a portrait of War of 1812 Capt. Gustavus Nicolls, which is part of a display by the Maritime Museum of Atlantic. The 1812 exhibit from the Canadian War Museum continues until Oct. 13. **JEFF HARPER/METRO**

Councillors split over leachate plan

Sackville. Wastewater would be treated at the old landfill under the proposal



**HALEY
RYAN**
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Two councillors for the Sackville area are divided about bringing wastewater into the Sackville Landfill Leachate Treatment Plant, with one concerned the move could prolong the life of the former dump and the other saying it's better than trucking everything out of province.

The first of two public information sessions is being held Thursday night, at which HRM staff will make the case for bringing leachate — runoff created when water passes through compost — from the Burnside and Goodwood compost plants to the Sackville facility.

Information meetings

- Sept. 18, 6 to 9 p.m., Springfield Lake Recreation Centre, 266 Lakeview Ave., Sackville.
- Sept. 22, 6 to 9 p.m., Wallace Lucas Community Centre, 596 Lucasville Rd., Lucasville.

But Coun. Brad Johns said he won't support increasing operations at the landfill, which he said is remembered for its pungent odours.

"This is a dead site. It was decommissioned almost 20 years ago," Coun. Brad Johns said.

But Coun. Steve Craig says the proposal won't reopen the landfill because the leachate is being added to existing treatment systems designed to capture methane gas, and will filter down through the current "very good" system of lagoons and wetlands.

City staff say the site is

operating well under capacity at 35 per cent — and Johns said that's reason to keep new leachate out.

"The landfill is dying quicker than you thought it would. Excellent," he said.

HRM currently ships up to 13 million litres of organic leachate to Quebec and northern New Brunswick each year. A staff report estimates savings ranging from \$338,000 to \$1 million if the leachate is moved to the Sackville treatment plant.

Craig said he realizes Sackville residents are worried, but having walked the site this week, he said there's nothing to suggest more leachate would hurt the environment or create smells.

"It would make even good environmental sense not to run trucks hundreds of miles to dispose of tankers full of this stuff a day," Craig said. "It's the fear, uncertainty and doubt that's being generated that's really the issue that has to be tackled."



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FIVE THINGS YOU NEED TO KNOW TODAY

1

TRANSIT TALK

The group It's More Than Buses will host an open house to unveil their proposed high-frequency transit network. The launch happens at The Bus Stop Theatre, 2203 Gottingen Street, 7 p.m.

2

POETRY NIGHT

HRM's poet laureate El Jones hosts the launch of her first collection of poetry, *Live from the Afrikan Resistance!* during a free event at The Company House, 2020 Gottingen St., 7 p.m.

3

WHOPPER DEAL

Industry Minister James Moore said he has received the formal application for a foreign-investment review of Burger King's \$11-billion takeover of Tim Hortons. He expects it to be processed within a few weeks.

4

FACING FACEBOOK

Facebook is meeting with a San Francisco drag performers and activists over the site's policy requiring people to use their real names. The group says the policy is unfair.

5

TYPE 2 DIABETES

People with the highest intake of high-fat dairy products reduced their chances of developing type 2 diabetes by 23 per cent, according to research at Sweden's Lund University Diabetes Centre.

Pedestrian-car collisions increased in 2014: Police

Latest data. New reports include figures on when, where and under what conditions accidents happen

You should always look both ways before crossing the street. Especially, according to new police figures, if you're at a crosswalk.

Reports released by Halifax Regional Police and Halifax RCMP reveal that so far this year, the majority of vehicle-pedestrian collisions in the city have occurred at crosswalks.

That comes as no surprise to Dr. Ashan Habib, the Dalhousie University professor who runs DaITRAC — a team that studies transportation in Nova Scotia and released its own collision study last February.

He says crosswalks are well established as the main "conflict point" between vehicles and pedestrians, but still finds it troubling that the rate of collisions is on the rise.

"Engineers and planners should get alarmed, but not the

At a glance

There were 141 reported collisions between pedestrians and vehicles in Halifax from January to August.

- Of the 141 incidents, drivers were ticketed in 55 and pedestrians in eight. Four collisions are still under investigation and in 74, no tickets were issued.
- 67 per cent of the drivers involved were male, though only 48 per cent of licensed drivers in Halifax are male.

public," he said Wednesday.

The reports state that so far this year there have been two pedestrian fatalities in Halifax, but in most of the other incidents, the pedestrian suffered only minor injuries.

Habib said there are numerous ways the city can improve crosswalk safety, starting with increasing the visibility of inter-



A car pauses as a pedestrian crosses the street on Lower Water Street on Wednesday. JEFF HARPER/METRO

sections and implementing more traffic audits to collect more detailed information on what makes certain crosswalks a hot spot for accidents.

"I don't believe enforcement has an impact," he said, noting police have increased their driving fines and ticketing of pedestrians who improperly cross the street.

"But education does." He believes the city desperately needs a cultural shift

that teaches people — drivers, pedestrians and cyclists alike — that roadways are shared space.

Habib, who is a member of HRM's crosswalk safety advisory committee, says the reports will be discussed at Thursday's meeting.

Committee chair Coun. Barry Dalrymple says it's too early to draw any conclusions from the reports, but hopes the statistics will drive home

the importance of pedestrian safety.

"They don't look, they don't listen. They walk out into a cross walk with their heads down," he said Wednesday. "That's not acceptable."

Halifax Regional Police spokesperson Const. Pierre Bourdages said they will continue to release a report of the number of pedestrian-vehicle collisions monthly.

STEPHANIE TAYLOR/FOR METRO

1 NEWS



My mom taught me...

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Lawyers must prove fees in orphanage settlement: Judge

\$6.6M claim. Supreme Court justice asks law firm for more 'precise information,' detailed expense records

A judge in Halifax has asked a law firm seeking \$6.6 million in legal fees to provide proof of the hours its staff put in to win a settlement for people

who alleged they were abused at a Halifax orphanage.

Judge Arthur LeBlanc of the Nova Scotia Supreme Court said Wednesday he is also looking for detailed records on the expenses of 10 lawyers, three paralegals and two students who helped former residents of the Nova Scotia Home for Colored Children win \$34-million from two class-action lawsuits.

The legal fees amount to 19.4 per cent of the overall

settlement, a figure lead lawyer Ray Wagner says is reasonable considering his firm laboured on the file since 1998 without guaranteed payment.

LeBlanc said he couldn't approve the legal fee agreement without more precise information on the hours worked, particularly between 1998 and 2007, when many of Wagner's clients were individual files.

The judge initially suggested an outside adviser

By the numbers

\$34M

The total amount of the settlement approved for former residents of the orphanage

known as an amicus be brought in to help the court assess the fee claim.

But he later ruled he would accept sworn affidavits from

the law firm's staff that documents the time they spent on the file.

LeBlanc also questioned some of the expenses charged by the firm, citing as one example 20-cent photocopy charges — saying he would only accept 10 cents per copy.

Outside court, Wagner said his fees are justified considering the 16 years he and his colleagues spent on the file.

"There's also what was accomplished," he said. "This

is a great settlement, a fair settlement for the class members."

Wagner expects to provide the affidavits to the judge before the end of this month.

People who alleged they were abused at the Nova Scotia Home for Colored Children were awarded a \$29-million class-action settlement with the provincial government and another \$5-million settlement with the orphanage.

THE CANADIAN PRESS



On the street to remind cyclists and drivers to share the road

Members of CAA Atlantic and Halifax Regional Police hand out information about sharing the road and avoiding common bike-car collisions during a Road Safety Check on South Park Street on Wednesday.

JEFF HARPER/METRO

Correction. Chain of Lakes Trail closures

The cutline of a photo that appeared in the Sept. 17 edition of Metro ("Work closing parts of Chain of Lakes Trail," page 6) contained an error. The cutline states that "sections of the trail will be closed over the next two years." In fact, work began in March and portions of the trail have been closed as work progressed. The trail is currently closed between Chain Lake Drive and Brook Street and will be closed until Sept. 30. METRO



Work began on the Chain of Lakes trail in March. JEFF HARPER/METRO

Citadel High. Teen accused of trying run over students

A 16-year-old is facing charges after Halifax police say he tried to run a group of students over with his car outside Citadel High School.

According to a release, three students were crossing the road at Ahern Avenue and Bell Road in a marked crosswalk just before 8:30 a.m. Wednesday when they spoke with a 16-year-old driver who they knew.

The driver made a U-turn on Ahern Street and steered

towards the students, who had moved to the sidewalk.

The vehicle jumped the curb and "narrowly missed the students," according to the release.

Police say the driver fled the area "at a high speed" but was arrested when he returned to school shortly afterwards.

A 16-year-old is facing charges of dangerous driving and assault with a weapon.

METRO

Public mischief. Man charged for bogus 911 call

Halifax police say a man has been charged for calling 911 about a robbery that never happened.

According to a release, a 911 caller claimed he'd been robbed of his wallet at knife-point near the Bedford Place Mall around 10 a.m. Wednesday.

Officers found the caller and another man in a parking lot.

The release states that

it turned out the two men were arguing over the sale of a used car, and the caller made the 911 call to get police on the scene quickly.

There was no knife involved, and no one was hurt.

A 34-year-old Halifax man was arrested and will appear in Halifax provincial court at a later date to face a charge of public mischief.

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'Extraordinary' attendance at Atlantic Film Fest

'Our theatres are full.'
Official credits success
to strong lineup, poor
Hollywood offerings

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Some say it's strategic market-
ing, others pure luck — but for

Atlantic Film Festival execu-
tive director Wayne Carter, the
turnout at this year's festival
was just a bit of movie magic.

"Something very special is
happening this year for us," he
said Wednesday. "The attend-
ance has been extraordinary.
Our theatres are full."

With one day left in the fes-
tival, Carter said he didn't have
exact figures but said the 2014
festival was likely one of the
most well-attended ever.

Some of the audience mem-
bers who lined up to see sold-
out films may agree, he said.

"It's a great problem for us
to have, which we haven't had
in recent years."

Big budget films with A-list
casts have typically been the
big draws, but Carter said that
wasn't the case this year.

There have been sold-out
afternoon screenings of docu-
mentaries, he said.

"That has not been our his-

tory."

He credits the festival's suc-
cess to the excellent lineup
chosen by program director
Jason Beaudry — but also to
Hollywood's lacklustre sum-
mer performance that left
moviegoers wanting more.

"That's really opening the
doors for film festivals," he
said, adding that fans in the
mood for a serious dramas or
old-fashioned westerns are
turning to festivals for variety.



Julianne Moore attends the *Maps to the Stars* premiere during the 67th Annual Cannes Film Festival in May. GARETH CATTERMOLE/GETTY IMAGES FILE

Dartmouth. No charges for driver of truck after fatal crash with cyclist

Halifax police say they have
wrapped up their investiga-
tion into the accident that
killed a cyclist in Dartmouth
last spring.

Just before 3 p.m. on May
21, police responded to Wind-
mill Road, where a truck
turning right onto Albrow Lake
Road had collided with a cyc-
list.

A release from Halifax
Regional Police states that the
truck had a green light and
that the woman on the bike
collided with the side of the
truck as it was turning and

fell under the rear wheels.

The woman, 21-year-old Jo-
hanna Dean, was pronounced
dead at the scene.

According to the release
issued Wednesday, no charges
will be laid against the truck
driver as there were no viola-
tions of the Motor Vehicle Act.

Family members said
shortly after the accident that
biking made Dean "happy"
and that they were hopeful
the tragedy would help raise
awareness of the need for pro-
tected bike lanes in Halifax.

METRO

Cape Breton

Man airlifted to QEII following serious assault

Richmond County RCMP
are asking the public for in-
formation after an assault
ended with an Arichat man
being airlifted to hospital
in Halifax.

Police and paramed-
ics responded around
1:30 a.m. Wednesday. A
preliminary investigation
determined the 51-year-old
victim was assaulted in the
parking lot at Highway 320
and Whiteside Road.

Police say the victim
walked to a nearby home
for help. He was taken
to the Strait Richmond
Regional Hospital with ser-
ious injuries and later air-
lifted to the QEII Hospital
in Halifax. **CAPE BRETON POST**

Tantallon

Two homes plundered via rear, side doors

Halifax District RCMP
are asking the public to
help solve two break-and-
enters that happened in
Tantallon on Tuesday.

According to a release,
both incidents happened
during the day while the
homeowners were at
work. In both cases, the
perpetrators gained entry
through a rear or side
door and stole small elec-
tronic devices and jewelry.

The release states that
the two homes are about
six kilometres apart and
not far from Highway 213.

Anyone with informa-
tion is asked to contact
the RCMP or Crime Stop-
pers. **METRO**

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St. Patrick's demolition budget climbs to \$4.5M

The former St. Patrick's High School in Halifax is a step closer to demolition as a budget for its removal was passed Wednesday — but Mayor Mike Savage said he was surprised by a \$1 million jump in the predicted costs.

HRM's audit and finance committee is recommending regional council approve \$4.5 million for demolition and environmental remediation of the site at 6067 Quinpool Rd.

Savage said the increase to \$4.5 million from a \$3.5-million staff estimate in July was concerning, and asked whether HRM has the "subject matter expertise" to make assessments or should bring outside experts in. "I don't like to see things come to council and very quickly come back with an additional cost associated with them," Savage said.

Jane Fraser, director of Planning and Infrastructure, told



St. Pat's High School on Quinpool Road METRO FILE

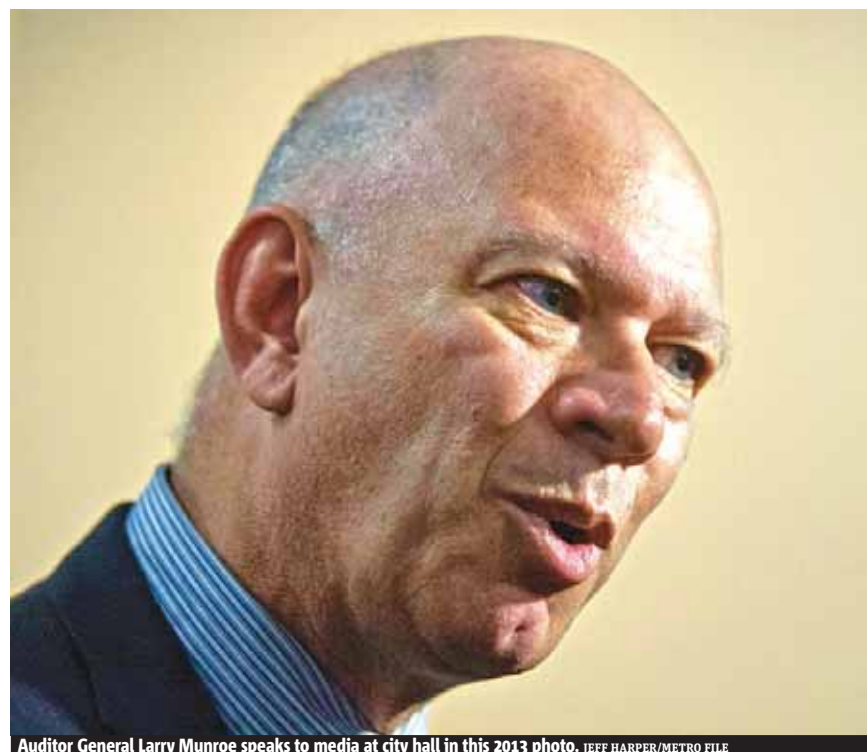
the committee they had based the first number off the cost of demolishing the nearby Queen Elizabeth High School — but there was more contamination under St. Pat's than initially believed. According to a report, underground storage tanks for furnace oil were used and one remains under the school. Hydraulic fluid has also leaked from the elevator into the

elevator pit, and mixed with groundwater.

Fraser said staffers are working on changing the way project budgets are forecasted, which should help get a better sense of how much they cost.

Coun. Bill Karsten also suggested placing tenders ahead of time could cut down on increases in assessments.

HALEY RYAN/METRO



Auditor General Larry Munroe speaks to media at city hall in this 2013 photo. JEFF HARPER/METRO FILE

HRM fuel system needs 'overhaul': Auditor general

'Very, very significant.' Little supervision, multiple control issues main drawbacks of program



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The system governing the way Halifax police, fire crews and all municipal vehicles are fuelled up needs a "very significant overhaul," according to the city's auditor general.

Larry Munroe presented a review Wednesday of HRM's Equipment Fuel Program, pointing out numerous control failings in the system — most revolving around lack of reliable data and awareness of how fuel should be used.

"The more we looked, the more concerned we became," Munroe told the audit and finance standing committee.

Munroe said the current system operates by distributing 1,146 fuel fobs that allow municipal vehicles to gas up

at 11 different fuel stations around HRM that use cheaper gas purchased below market price. The city also have 219 commercial cards that allow the user to gas up at regular stations outside the Halifax region.

The commercial cards have the PINs attached to the back, creating a risk that anyone who found the card if it was lost could fill up at regular pumps using HRM money, Munroe said.

a very, very significant overhaul," Munroe said.

Munroe also said the fact the Halifax Regional Police's garage supervisor keeps 20 "spare" fuel fobs on hand — because so many are misplaced — is a large control weakness.

Between April 2011 and September 2012, the report showed HRP was issued 142 fuel fobs. Since the police have 240 fuel fobs at any time and there had been no

Quoted

"I shake my head at this loosey-goosey system."

Coun. Gloria McCluskey

Halifax buys fuel for an annual price of \$3.8 million, and Munroe said it's important to know whether that money is being used properly.

Currently, he said there is not enough information available about who is fueling which vehicle, how far they travel, and whether or not gas is definitely going into HRM cars.

"The system really needs

increase in the fleet, the report said this was likely to replace missing fobs.

The auditor general's findings resulted in more than 30 recommendations for staff, such as explaining how to properly use the fuel fob or card, requiring supervisors to review and approve fuel transactions and keeping original receipts for fuel purchases.

Sackville-Eastern Shore

MP dispels rumours of retirement

Sackville-Eastern Shore MP Peter Stoffer laid rumours of a pending retirement to rest with a Wednesday morning announcement that he will run in the 2015 federal election.

Accompanied by NDP Leader Thomas Mulcair in Ottawa, Stoffer's announcement came as something of a surprise after his recent comments about wanting to become ombudsman for



MP Peter Stoffer METRO FILE

Veterans Affairs Canada.

First elected in 1997, Stoffer, who was born in the Netherlands, is the Official

Opposition critic for veterans affairs. In his nearly two-decade career, he has served as critic for fisheries and oceans, seniors, shipbuilding, amateur sport and national defence, as well as Canada Post and the Atlantic Canada Opportunities Agency.

Stoffer currently lives in Windsor Junction with his family.

The fixed election date is Oct. 19, 2015, but Stoffer told reporters Wednesday that he expects an early election to be called after the spring budget.

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Most Canadians feeling positive about life: Report

Mental health.

StatsCan study finds almost three-quarters of us are estimated to have complete mental health, fewer than 2% functioning poorly

A new report on the mental health status of Canadians has found that 77 per cent of people aged 15 or older are considered to be psychologically flourishing — feeling good about life and functioning well.

The Statistics Canada report found fewer than two per cent of Canadians are classified as languishing, meaning they experience low

positive emotions and poor functioning, while almost 22 per cent of Canadians are classified as having moderate mental health.

The report is based on results from the 2012 Canadian Community Health Survey.

When combined with information on mental illness, almost three-quarters of Canadians are estimated to have complete mental health and don't meet criteria for six major mental disorders: depression, bipolar disorder, generalized anxiety disorder, and alcohol, cannabis or other drug abuse or dependence.

Men and women were equally likely to have complete mental health, with factors contributing to well-being including age, marital status, income, education,

employment status, spirituality and physical health.

The report found age is a strong factor in psychological well-being, with 80 per cent of those aged 65 and older having complete mental health, compared to 65 per cent among those aged 15 to 24.

Having a spouse or partner is also associated with having complete mental health, as is higher education and income.

People who reported that religious or spiritual beliefs were important in their daily lives were significantly more likely to be in complete mental health than those not classified as having strong spirituality: 76 per cent versus 66 per cent, respectively.

THE CANADIAN PRESS

Philadelphia

'Twitter detectives' help police find suspects in beating of gay couple

Police searching for a group of suspects in the beating of a gay couple say they got an assist from social media users, and a defence lawyer said Wednesday that some of them were turning themselves in for questioning.

A security video of the group was posted by police Tuesday, and within hours, a Twitter user posted a photo of the men and women gathered at a restaurant. Another got help figuring out which restaurant, using Facebook to find people who had "checked in" there and started matching faces to names.

"This is how Twitter is supposed to work for cops," Philadelphia police Det. Joe Murray tweeted Tuesday. "I will take a couple thousand Twitter detectives over any one real detective any day."

The victims, a gay couple in their late 20s, were held down, punched and beaten after they bumped into a group of about a dozen people on Thursday. THE ASSOCIATED PRESS



Street art recurring in Cairo

A woman talks on her tablet phone while walking past graffiti on Mohammed Mahmoud Street near Tahrir Square, in downtown Cairo, Egypt, Wednesday. Street art in Cairo, which flourished following the uprising that ousted former president Hosni Mubarak, has mostly been painted over by authorities, but on Mohammed Mahmoud Street, artists use the whitewashed walls for new artworks.

HASSAN AMMAR/THE ASSOCIATED PRESS

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Prof. Adrian Hill, leader of the trials for the experimental Ebola vaccine, holds a vial of the drug in Oxford, England, Wednesday. A former nurse will be the first of 60 healthy volunteers in the U.K. who will receive the vaccine, developed by the U.S. National Institutes of Health. STEVE PARSONS/POOL/THE ASSOCIATED PRESS

Liberia welcomes aid, more needed

Ebola outbreak.

Liberian President Ellen Johnson Sirleaf calls on international community for additional aid relief

People critically ill with Ebola languishing in an ambulance for hours as paramedics seek a place for them. Treatment centres filling up as soon as they are opened. The situation is so dire in Liberia that its president welcomed a U.S. pledge to send troops and treatment centres, but said much more needs to be done.

President Ellen Johnson Sirleaf on Wednesday urged the world community to redouble efforts to battle the

Ebola aid

The IMF is preparing \$127 million in zero-interest loans to the three African countries hardest hit by the Ebola outbreak.

- **Health and security.** The money would help Guinea, Liberia and Sierra Leone deal with rising expenses at a time when Ebola has damaged their economies and reduced tax revenue.
- **Death toll.** The disease is believed to have killed at least 2,400 people in the biggest outbreak ever.

disease, which could spread into other countries after al-

ready hitting five West African nations.

"Our American partners realize Liberia cannot defeat Ebola alone," Sirleaf said in a written statement.

"We hope this decision by the United States will spur the rest of the international community into action.... The entire community of nations has a stake in ending this crisis."

Even as the promises of aid came, the risks of such help were underscored as yet another international health-care worker fell ill while trying to help sick patients in Liberia.

Doctors Without Borders said the female French employee would be evacuated to a special treatment centre in France after being placed into isolation on Tuesday.

THE ASSOCIATED PRESS

Shakespearean gaffe. U.S. VP Biden's 'Shylock' comment draws ADL's ire

U.S. Vice-President Joe Biden said he used a poor choice of words Wednesday when he referred to unscrupulous moneylenders as "Shylocks."

Biden had been speaking to a legal aid group on the topic of foreclosures and the need for foreclosure mediation services following stories his son Beau told from his time serving in Iraq.

Shylock refers to the villainous Jewish moneylender in Shakespeare's *The Merchant of Venice*, who demands a pound

of flesh from a debtor.

Abe Foxman, national director of the Anti-Defamation League (ADL), was critical of Biden's use of the term, which carries a deeply embedded stereotype about Jews in society. He said he spoke to Biden and it became clear there was no ill intent, and that Biden was a true friend to Jews and firmly against bigotry.

"He has turned a rhetorical gaffe into a teachable moment," Foxman said.

THE ASSOCIATED PRESS



U.S. Vice-President Joe Biden
MARK MAKELA/GETTY IMAGES

Your

bring on the crisp fall weather but not until I find the **earrings** to match my **new sweater** and enjoy a tasty mug of **hot chocolate** when I compare **laptops** while thinking about that **new cookbook** which reminds me - we're hosting a dinner party this weekend and **chicken** is on sale, which means **white wine** is on the menu, and speaking of **menus** that **Pad Thai** smells really yummy kind of **place.**



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Man pleads guilty to terror charge

Hiva Mohammad Alizadeh, 34. He faces a max of 18 more years behind bars

In a surprise move, an Ottawa man pleaded guilty Wednesday to possessing explosives with an intent to do harm as part of a homegrown terrorist conspiracy.

The plea means Hiva Mohammad Alizadeh, 34, will not face trial in February for his role in the plan to wage violent jihad in Canada.

Alizadeh, a custodian and part-time student, was arrested in August 2010 along with two other men.

Police seized terrorist literature, videos and manuals along with dozens of electronic circuit boards — de-

vices designed to detonate homemade bombs remotely.

Alizadeh was sentenced to 24 years in prison after entering his plea in Ontario Superior Court, part of a pre-arranged plea deal.

Alizadeh told Justice Colin McKinnon that his time in custody to date had opened his eyes to the reality of his actions. He said he did not always subscribe to such an "evil way of thinking" and wanted to own up to his mistakes.

Alizadeh will be burdened with an utterly deplorable stigma, McKinnon noted.

After accounting for time served — credited as six years — Alizadeh faces a maximum of 18 more years behind bars, and he has agreed not to apply for parole for at least nine years.

THE CANADIAN PRESS



Ukrainian president shakes hands in Ottawa

Ukrainian President Petro Poroshenko shakes hands with members of the Canadian Ukrainian community on Parliament Hill, in Ottawa, Wednesday. FRED CHARTRAND/THE CANADIAN PRESS

'Non-combat'

Mulcair refuses to back commandos in Iraq

New Democrats are refusing to back Prime Minister Stephen Harper's decision to send special forces commandos into northern Iraq.

NDP Leader Tom Mulcair says it's the only responsible position to take, given the government's refusal to provide details of the deployment or to allow parliamentarians to vote on the matter.

Harper has confirmed that Canada has sent 69 special forces commandos to Iraq as part of a counter-terrorism campaign against the extremist al-Qaida splinter group known as the Islamic State of Iraq and al-Sham, or ISIS.

He maintains the deployment, which is to be reviewed within 30 days, is not a combat mission.

Liberal Leader Justin Trudeau is backing the deployment.

THE CANADIAN PRESS



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Toronto Mayor Rob Ford's mother, Diane, and his brother Randy arrive at Mount Sinai Hospital in Toronto Wednesday ahead of a press conference in which it was announced that the mayor has been diagnosed with a rare type of cancer.
BERNARD WEIL/TORSTAR NEWS SERVICE

Rob Ford diagnosed with a rare form of 'aggressive' cancer

'We are optimistic.'
Doctor says Toronto mayor will begin chemotherapy within the next 48 hours



JESSICA SMITH CROSS
Metro in Toronto

Toronto Mayor Rob Ford has been diagnosed with cancer and will begin chemotherapy soon.

Colorectal surgeon Dr. Zane Cohen held a press conference at Mt. Sinai Hospital in Toronto on Wednesday to update the public on the mayor's health.

Cohen said the tumour in Ford's abdomen is a malignant liposarcoma, a rare and

hard-to-treat form of cancer.

"However, we are optimistic about this tumour," he said.

The tumour has spread to Ford's buttock, behind the left hip, said Cohen. "We have biopsied that, and it is part of the same tumour."

Ford will undergo chemotherapy, beginning within the next 48 hours, said Cohen. "It will involve in-hospital, in-patient chemotherapy for three days, followed by a washout period of 18 days. The cycle will then be repeated."

Doctors will then perform more imaging tests, reassess the situation and determine the next steps, said Cohen. The next steps may be further cycles of chemotherapy, radiation or surgery.

Cohen said the tumour is "aggressive," and about 12 by

12 centimetres. He did not give a prognosis.

"We will be able to say more after the second round of chemotherapy," he said.

Ford has been in hospital since Sept. 11. He was admitted after experiencing intense abdominal pain.

Cohen said it was not possible to say how long Ford has had the tumour, except that it was not present when the mayor had an unrelated CT scan in 2011, but was likely growing for years.

The mayor's brother, Coun. Doug Ford, who has entered the Toronto mayoral race, issued a statement following the announcement saying: "Rob will beat this."

"Rob has always been so strong for all of us and now I ask us all to be strong for him."

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Millions of Scots are heading to the polls today to decide whether to return to independence, apart from the United Kingdom

THE SCOTSMAN

The people of Scotland are being asked a question: "Should Scotland be an independent country?" On Thursday, as many as 80 per cent of the country's five million people will reply Yes or No, perhaps paving the way to independence from the rest of the United Kingdom. The vote promises to be tight, and a simple majority is all that's required.

The one official question being asked is not necessarily the question that many are interested in answering. As observers make misguided references to ancient battles, other secession campaigns and apparent anti-English sentiment, many Scots, whether those living in Scotland or those in other places, are thinking instead about social and political change.

For some, it's about the U.K. government's cuts to public services. Others point to the damaged British economy, the divide between rich and poor or the nuclear weapons stationed in Scotland. Many want to pass judgment on U.K. politics, especially posh, privileged Prime Minister David Cameron, who's unpopular in Scotland. There are dozens of reasons that people might say Yes to independence.

Meanwhile, the No campaign has struggled with its message. Like a tidy person with rambunctious visitors, its leaders make shrill pleas for their stuff to be left alone. Attempts to paint independence as a bad idea for reasons of finance, defence and more are scoffed at by Yes campaigners, who rebuff the most difficult questions with vague, optimistic statements. It's all getting a wee bit emotional.

Now it's decision time. If it's a Yes, then perhaps two million people could be dragged into a new country they didn't vote for. But if it's a No, the huge popular movement for independence means the demands for change will continue. It's been a wake-up call for the political establishment.

Only one thing is for sure: After Sept. 18, 2014, Scotland will never be the same again.



MIKE DONACHIE
mike.donachie@metronews.ca



QUIN PARKER
quin.parker@metronews.ca



THE ENGLISHMAN

Like other English people, I've been devoting much of my thinking recently to Scotland.

I'll be honest: This is a new thing for many of us.

Scotland, in the popular English imagination, is misty, deep-fried and strangely angry with England for reasons that probably don't matter that much. It's a bit like the hate/indifference between Calgary and Toronto, except with more alcohol and saturated fat.

Scottish people invented television, the telephone, the electric clock and colour photography. So, basically, they invented the iPhone. A Scot also invented the flush toilet: a place many people, thanks to the iPhone, can use all of the above.

But relentless Scottish curiosity also resulted in an astonishingly foolhardy attempt to colonize a section of central American coastal land near the Darien Gap, which even today is too impenetrable to build a road through. The Darien Scheme impoverished the Scottish nobility and was a major reason why Scotland had to unify with the rest of the U.K.

I bring Darien up because I've always been a little bit envious of the romanticism of the Scots. Although I grew up in London, my family hails from Northumberland, the county across the border from Scotland. There the main highway to the border has signs every five kilometres telling you how dangerous the road is and that you're certainly going to die. (No such signs exist in the opposite direction.)

Now, waving a flag — literally and metaphorically — always feels gauche to an Englishman. So much so he has to use a French word to describe the sensation.

Still, I'm going to borrow a bit of that romanticism now. Scotland, I know you don't like us, but I do hope you go it alone. Because I'd love to see what you invent next.

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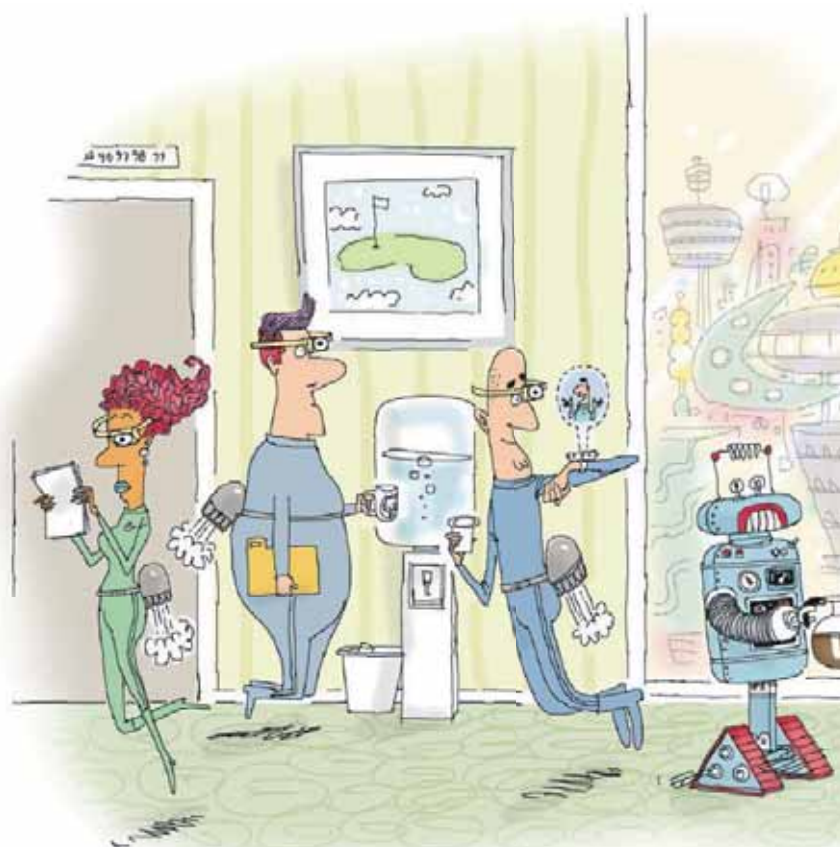
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Thursday, September 18, 2014

BUSINESS

15

This is your brain. This is your brain on marijuana edibles?

Not funny, man.
The legal pot industry in Colorado is setting stereotypes ablaze with new ad campaign

Tired of Cheech & Chong pot jokes and ominous anti-drug campaigns, the marijuana industry and activists are starting an ad blitz in Colorado aimed at promoting moderation and the safe consumption of pot.

To get their message across, they are skewering some of the old Drug War-era ads that focused on fear of marijuana, including the famous "This is your brain on drugs" fried-egg ad from the 1980s.

They're planning posters, brochures, billboards and magazine ads to caution

consumers to use the drug responsibly and warn tourists and first-timers about the potential to get sick from eating too much medical-grade pot.

"So far, every campaign designed to educate the public about marijuana has relied on fear-mongering and insulting marijuana users," said Mason Tvert, spokesman for the Marijuana Policy Project (MPP), America's biggest pot-policy advocacy group.

The MPP plans to unveil a billboard on Wednesday on a west Denver street where many pot shops are located that shows a woman slumped in a hotel room with the tagline: "Don't let a candy bar ruin your vacation."

It's an allusion to Maureen Dowd, a New York Times columnist who got sick eating one on a visit to

write about pot. The campaign is a direct response to the state's post-legalization marijuana-education efforts.

THE ASSOCIATED PRESS

Market Minute

↓ **DOLLAR**
90.88¢ (-0.28¢)

↓ **TSX**
15,458.88 (-51.66)

↓ **OIL**
\$94.42 US (-\$0.46)

↓ **GOLD**
\$1,235.90 US (-\$0.80)

Natural gas: \$4.01 US (+\$0.02)
Dow Jones: 17,156.85 (+24.88)



I'll take 30, please.

A potential consumer checks out at a Rolls-Royce Phantom during the 2014 Beijing International Automotive Exhibition at Beijing's China International Exhibition Center on April 21. A Hong Kong tycoon has placed the biggest-ever order for Rolls-Royce cars, agreeing to buy 30 Phantoms to chauffeur guests around at a luxury resort he's building in the global gambling capital of Macau. Stephen Hung's approximate \$20-million US purchase surpasses the 14 Phantoms bought by Hong Kong's Peninsula Hotel in 2006. Hung and Rolls-Royce executives signed the deal Tuesday at the company's Goodwood factory in England. The extended wheelbase Phantoms will be used for guests at Hung's ultra-luxury Louis XIII hotel, scheduled to open in early 2016. FENG LI/GETTY IMAGES FILE



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6:30pm – 9:00pm

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- Tues., Sept. 30 – Nov. 4
10:00am – 12:30pm
- Wed., Oct. 1 – Nov. 5
6:00pm – 8:30pm

Halifax

- Thurs., Oct. 9 – Nov. 13
9:30am – 12:00pm
- Thurs., Oct. 30 – Dec. 4
6:30pm – 9:00pm
- Tues., Nov. 4 – Dec. 16
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2012	Suzuki	SX4		
2011	Suzuki	SX4		
2000	Cargo Craft			
2010	Suzuki			
2000	Dodge			
2005	Ford			
2006	Mazda			
2006	Saturn			
2006	Mazda			
2006	Jeep			
2006	Volkswagen			
2007	Volkswagen			
2007	Nissan			
2007	Pontiac			
2007	Chrysler			
2007	Mazda			
2007	Chevrolet			
2008	Nissan			
2008	Honda			
2008	Nissan			
2008	Mitsubishi			
2008	Suzuki			
2008	Pontiac			
2009	Mazda			
2009	Pontiac			
2009	Mitsubishi			
2009	Toyota			
2009	Nissan			
2009	Hyundai			
2009	Infiniti			
2009	Dodge			
2009	Chevrolet			
2010	Pontiac			
2010	Chevrolet			
2010	Mitsubishi			
2010	Kia			
2010	Chevrolet			
2010	Mazda			
2010	Jeep			
2011	Acura			
2011	Ford			
2011	Mercedes-Benz			
2008	Chevrolet			
2012	Suzuki			
2012	Suzuki			
2008	acura	528	Metro Mitsubishi	80000
2005	Chevrolet	Silverado 1500	Metro Mitsubishi	240000
2007	Dodge	Ram 1500	Metro Mitsubishi	84000
2007	Ford	Focus	Metro Mitsubishi	88000
2011	Kia	Forte	Metro Mitsubishi	14000
2010	Suzuki	SX4	Metro Mitsubishi	29000
2007	Ford	Focus	Metro Mitsubishi	72000
2008	Chrysler	Sebring	Metro Mitsubishi	102000
2009	Chevrolet	Cobalt	Metro Mitsubishi	73000
2008	Pontiac	G6	Metro Mitsubishi	86000
2007	Ford	F-150	Metro Mitsubishi	119000
2010	Suzuki	SX4	Metro Mitsubishi	34000
2005	Mazda	Tribute	Metro Mitsubishi	150000
2007	Chrysler	Sebring	Metro Mitsubishi	80000
2007	Jeep	Compass	Metro Mitsubishi	100000
2010	Suzuki	SX4	Metro Mitsubishi	72000
2011	Dodge	Caliber	Metro Mitsubishi	83000
2010	Suzuki	Grand Vitara	Metro Mitsubishi	111000
2007	Ford	Freestyle	Metro Mitsubishi	160000
2006	Pontiac	G6	Metro Mitsubishi	86000
2011	Suzuki	SX4	Metro Mitsubishi	18000
2008	Pontiac	G5	Metro Mitsubishi	60000
2012	RAM	1500	Metro Mitsubishi	30000
2012	RAM	1500	Metro Mitsubishi	46000
2005	Chrysler	Titan	Metro Mitsubishi	34000
2009	Jeep	300	Metro Mitsubishi	144000
2007	Jeep	Compass	Metro Mitsubishi	119000
2013	Chrysler	300	Metro Mitsubishi	93000
2012	Suzuki	Grand Vitara	Metro Mitsubishi	23000
2012	Suzuki	Grand Vitara	Metro Mitsubishi	42000
2003	Infiniti	G35	Metro Mitsubishi	48000
2005	Dodge	Magnum	Metro Mitsubishi	266000
2005	Nissan	Pathfinder	Metro Mitsubishi	117000
2009	Ford	Ranger	Metro Mitsubishi	121000
2010	Suzuki	Grand Vitara	Metro Mitsubishi	60000
2011	Dodge	Dakota	Metro Mitsubishi	79000
2009	Suzuki	SX4	Metro Mitsubishi	55000
2011	Suzuki	Grand Vitara	Metro Mitsubishi	137000
2012	Suzuki	SX4	Metro Mitsubishi	60000
2011	Acura	MDX	Metro Mitsubishi	18000
2003	Mercedes-Benz	SL-Class	Metro Mitsubishi	62000
2008	Chevrolet	Aveo 5	Metro Mitsubishi	80000
2012	Suzuki	SX4	Metro Mitsubishi	77000
2012	Suzuki	SX4	Metro Mitsubishi	6000

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VOICES

metronews.ca
Thursday, September 18, 2014

APPLE: THE LITTLE COMPANY THAT COULD

Unlike other media outlets, I'd like to talk about Apple and its latest products rollout.

Though this Little Company That Could struggles for attention from the mainstream media, I and a number of other indie columnists have been taking note of some of the new gadgets and services Apple announced this week to little fanfare.

With a brand-new smartwatch, new smartphone and new operating system, Apple has shown once again that it's on the cutting edge of replicating technology that other companies rolled out 18 months ago.

But with all the news about the possible meeting between U.S. President Barack Obama and Iranian President Hassan Rouhani, not to mention growing support in Brazil for Dilma Rousseff, you've no doubt been too tied up in world affairs to notice the picayune details of something so frivolous.

But I'm here to help. Here's a complete round-up of the new features and technology Apple announced during the past week.



HE SAYS

John Mazerolle

metronews.ca

- In a special surprise, iPhone users now have Irish rockers U2 as their ringtone, lock screen, music library, Angry Birds theme and call-centre representative. Also, predictive typing autocorrects "Hello" to "Who's Gonna Ride Your Wild Horses?"

- Apple's terms and conditions are now read by Siri so you don't have to.

- Airplane technology allows you to use your phone without looking up thanks to the "stick shaker" feature, which causes the phone to shake violently when you are about to encounter terrain.

- iPhone 6 overcomes Apple's size deficiency with a new 5.5-inch screen. The iPhone 5 can still be used as a remote.

- New E. coli-resistant casing makes toilet reading sanitary and guilt-free.

- Apple Maps now includes a direct link to Google Maps.

- The new operating system senses any concerns about personal privacy and automatically ups you one level on Candy Crush.

- To cash in on the vinyl craze, iTunes now holds only 12 songs.

- New and improved autocorrect feature is better than ever-green.

- Spurred forward by smartwatches, smarttrings and Google Glass, Apple releases an entire line of wearable technology, including iTrousers, iCorsage and iUD.

- Family Sharing allows kids to read your Internet search history directly.

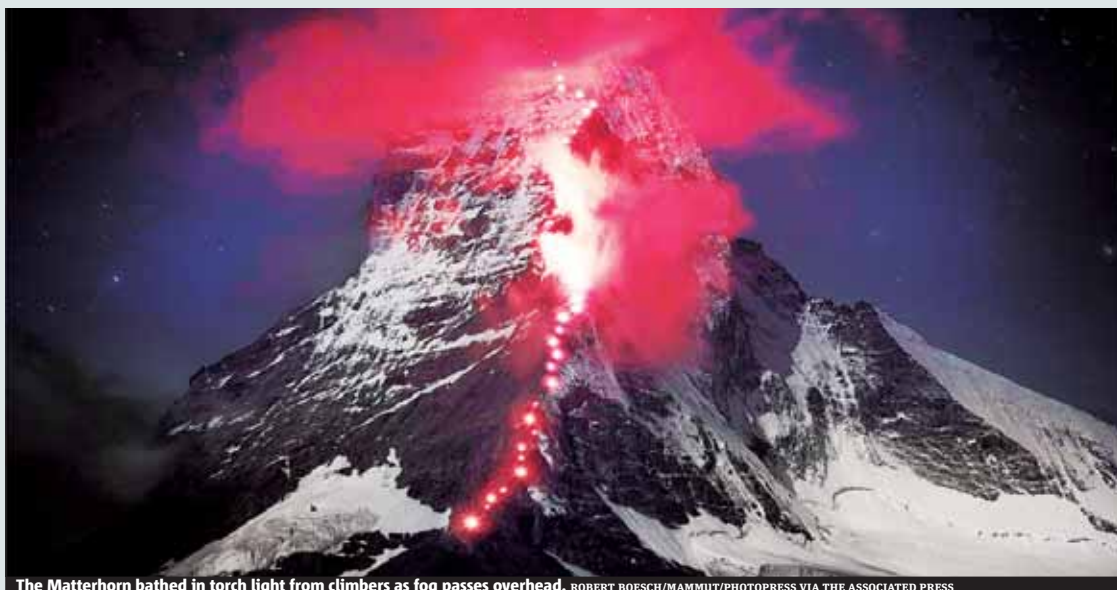
- Phone battery now lasts a stunning 12 minutes.

- Lock screen opens with your fingerprint, which was conveniently saved by Apple eight years ago for just such an occasion.

- HealthKit technology measures the likeliness you have Ebola by monitoring the amount you've bled on the screen.

- Finally, celebrities' nude photos appear on your phone the second they're uploaded to the cloud, eliminating the middle man. Expect lots of Bono in the buff.

Glittering rock



The Matterhorn bathed in torch light from climbers as fog passes overhead. ROBERT BOESCH/MAMMUT/PHOTOPRESS VIA THE ASSOCIATED PRESS

Matterhorn mountain lit up for Swiss Alp-trekking anniversary

In preparation for the 150th anniversary of the first ascent of the Matterhorn, Swiss mountain sports

specialist Mammut and mountain guides from the village of Zermatt transformed the spectacular summit into a shining stone icon as an anniversary gift to the village.

The prominent mountain is regarded as the emblem of the Swiss Alps and enjoys international popularity.

THE ASSOCIATED PRESS

Matterhorn at a glance

The Matterhorn is 4,478 metres high and was one of the last great Alpine peaks to be climbed.

- The first climb ended disastrously when four members fell to their

deaths on the descent.

- It also has French and Italian names, reflective of the communities that live in the mountain's valleys.

SOURCE: WIKIPEDIA

MetroTube

Man versus hamster



ANDREW FFIELD

andrew.ffield@metronews.ca

This hamster hits all right notes on the adorability scale. Not to mention the tiny hot dogs. But if we're going to call this an eating contest against Kobayashi, perhaps the finest competitive eater our species has ever produced, it's only fair to note that this nogoodnik hamster isn't really "eating." Just stuffing its cavernous, gluttonous cheeks. Not a fair fight at all. #TeamHuman (HelloDenizen/YouTube)



SCREENGRAB

Comments

Re: West Quebec Dog Rescuer Suing Municipality for \$500K to Relocate to Ontario, published online Sept. 16.

I am dumfounded that the Mayor took this lightly and hasn't done anything about that. He is an elected official, is he not? I guess he picks and chooses who he defends in the community he is suppose to serve.

Danielle Emond, posted to metronews.ca

I agree the city made a mistake here. But as a citizen and business person, it is her responsibility to be aware of the rules especially in her field of work, I am in business too, and no one holds my hand.

Chris, posted to metronews.ca



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 13 in News and page 29 in Sports.

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Halifax's inaugural VegFest dishes on all things vegetarian

Food for thought. Local entrepreneurs hope to encourage more plant-based, healthy eating



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

After watching a rather terrifying documentary about where our food comes from, I scared myself off meat for four years.

As someone who grew up on Friday-night chicken dinners and referred to summer as steak season, this drastic diet change came as a surprise to everyone in my life.

What began as a month-long, fear-induced diet morphed into a complete lifestyle change, with noticeable results.

I'm not saying it's for everyone and, frankly, it takes work to maintain a well-balanced, plant-based diet if your activity level is even moderately over that of a sloth.

Knowing how is half the battle, according to one of the organizers of Halifax's first VegFest.

Jessie Doyle, co-owner of Fruition, says it's a lot simpler than people think to make healthy, positive changes to your diet.

"Trying to eat as much natural and whole foods as possible can make a difference," she said.

"I think it can get really complicated because people are so fixated on buzz words like gluten-free, Paleo, saying



VegFest organizing committee Jessie Doyle, left, Seth Graham and Diandra Phipps. CONTRIBUTED

one is better than the other — but really, for all of them, it all comes down to whole, natural foods."

Together with Fruition co-owner Seth Graham and enVie owner Diandra Phipps, these local entrepreneurs are spreading the gospel of the vegan diet by co-hosting this event.

But there is a difference between informing and forcing one's beliefs on another. They stress that VegFest will be all-

inclusive.

"It's really important to us to have this be a welcoming event and remain very positive," said Doyle. "Really, if you enjoy fun and food, you'll have a good time."

Aside from the vegan vendors that will fill Olympic Centre on Saturday, the day-long event includes a variety of presenters, including keynote speaker Gene Baur from Farm Sanctuary.

"We had seen such a rise

in interest in vegetarian and vegan food — plant-based eating and the different benefits in terms of health and animal rights and environmental effects," said Doyle, explaining the original concept behind VegFest.

"The amount of information available to the greater public is growing, in terms of the media, movies, documentaries, even just people talking about it through word of mouth," added Graham.

If you go

- **What:** Halifax VegFest 2014
- **Where:** Olympic Community Centre
- **When:** Saturday, 10 a.m. to 6 p.m.
- **Tickets:** \$5

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2 SCENE

Young hearts beat for Maze Runner stars

Maze mania. Dylan O'Brien, Kaya Scodelario and Will Poulter nearly caused a teenage riot at a premier screening of their new film



RICHARD CROUSE
scene@metronews.ca

Imagine the roar of a jet engine. Then picture yourself being blown backwards by the ferocity of the sound.

That's the experience I had recently when hosting the Canadian premier of *The Maze Runner*, a new film based on a popular YA novel about a group of boys (and one girl) who must brave the dangers of a giant labyrinth to gain not only freedom but also their true identities.

There wasn't a plane in sight, just a theatre packed with young adults. When I made the surprise announcement that some of the film's

stars would be joining us for a Q&A, you would have thought a giant electrical surge had bolted through every seat in the house. As I brought *Skins* star Kaya Scodelario, Meet the Millers' Will Poulter and Dylan O'Brien, resident heartthrob of *Teen Wolf* to the stage, the place erupted.

Ears ringing, I asked a few questions, trying to be heard above screams of "I love you!" Not directed at me, but mostly at O'Brien.

As the handsome actor answered a question on bringing the character traits of Thomas alive from the page to the stage, a young woman whooped, "Thomas is hot!" O'Brien played along, saying, "That's what I really wanted to lift from the page, his hotness. I was really focused on that."

"You nailed it!" came a voice from the audience.

The enthusiasm wasn't reserved just for him. Scodelario, a British actress who plays the film's fierce female lead, could barely be heard above the din as she talked about her character's empowerment. "I felt very strong playing her," she said.



Dylan O'Brien, left, and Kaya Scodelario star in the sci-fi thriller *The Maze Runner*. CONTRIBUTED

"A lot of times in movies, Hollywood and the rest of the world try to soften female characters. We have to see them as vulnerable and we have to see them crying, and while that is a part of who we are as women,

we can also be tough..."

The rest of her message is lost to the ages, drowned out by, "You go, girl!" hollers and the general melee of excited millennials.

Poulter, a 21-year-old Brit-

ish actor with a resumé that includes the charming Son of Rambow and *The Chronicles of Narnia* blockbusters, provided comedic relief. When I asked if he modeled his American accent on anyone in par-

Quoted

"A lot of times in movies, Hollywood and the rest of the world try to soften female characters. We have to see them vulnerable and we have to see them crying, and while that is a part of who we are as women, we can also be tough..."

Kaya Scodelario, actress
on playing a strong female lead

ticular, he said, "I had to give up modeling, but that's very sweet. Thanks for asking."

The trio answered questions, most of which started with, "I just want to say I love you guys," and ended with the inevitable, "Is there any possibility of getting an autograph or a picture?" for 25 minutes before being whisked away to another city, another press day and another theatre likely full of screaming teens.

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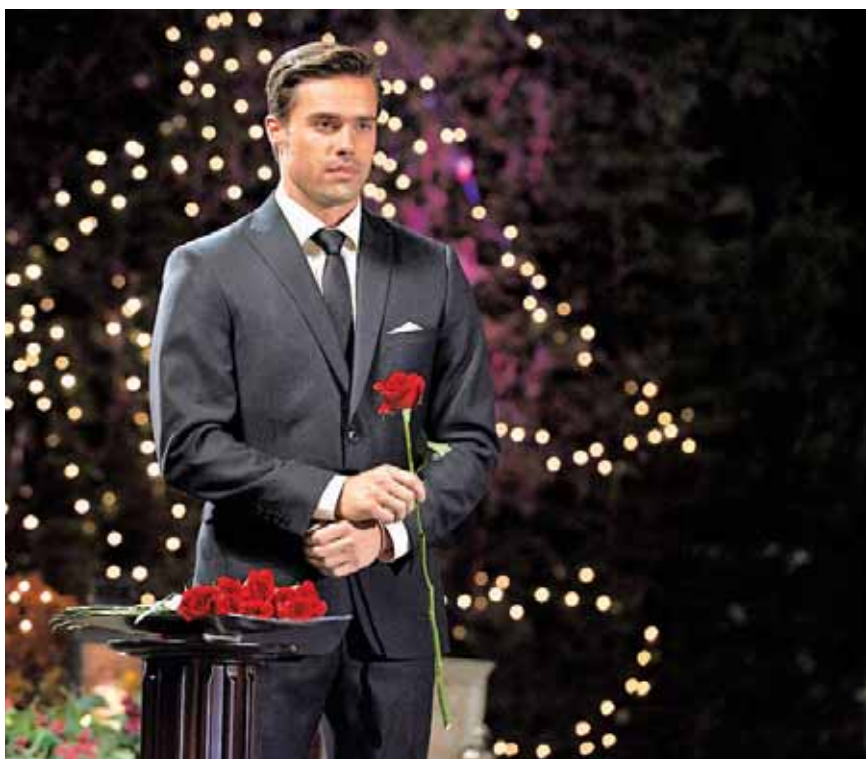
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Is that the look of love or a deer-in-the-headlights daze? Tim Warmels, the newest star of *The Bachelor Canada*, doles out flowers at his first rose ceremony. ROGERS MEDIA

Never seen Bachelor? Neither has new star

An age of innocence.

Bachelor Canada's Tim Warmels may be about to get a dose of reality

Tim Warmels had never seen an episode of *The Bachelor Canada* before he signed on to be its resident romance-seeker. But the tech entrepreneur — who admitted he “doesn’t watch a lot of TV” — was willing to try anything to find love.

“It’s being 28 and being single. That’s what it is,” Warmels said. “It’s having a choice in front of you to do exactly what you’ve been doing for the last six years, or you can try something very, very different for the next two months.”

And he has no regrets. The *Bachelor Canada* premieres Thursday on City, and although Warmels won’t share any spoilers, he believes he made the right choice.

Warmels grew up in Campbellville, Ont., where he worked on horse ranches in the summer and played hockey five days a week. After graduating from the Richard Ivey School of Business at the University of Western Ontario, he moved to Toronto and worked on Bay Street before launching

Quoted

“If it goes great, then great. If it doesn’t, then you know yourself, and have to be happy with the decisions you made on a personal level.”

Tim Warmels, on dealing with reality TV

his own tech company.

He wound up on the second season of *The Bachelor Canada* in an unusual way. Rather than auditioning, a friend recommended him to a producer earlier this year. Two weeks later, he had a contract in hand.

Asked what he was looking for in a girlfriend at the start of filming, Warmels said he preferred to keep an open mind.

“I’m always really surprised at what about a person will attract me to them,” he said. “Whether you like sports, or whether you like art, or whether you like doing this with your weekends or that with your weekends — I’m always surprised at how much those things don’t matter.”

Competing for Warmels’ heart are 25 bachelorettes like April, a 30-year-old esthetician from Victoria, who prefers the term “vagician,” and Jennifer,

a 26-year-old “joyologist” from Montreal.

Asked which dates will be the most entertaining to watch, Warmels was tight-lipped. “That is absolutely something you’ll have to watch to find out,” he said. “They really do a good job at trying to find lots of very different people because you never really know what’s going to get a guy.”

He said “there’s no way” he could prepare for the fame and scrutiny that being on the show will bring. But he expects his life will return to normal in a few months. “I think the best you can do is not really care about how it goes. If it goes great, then great. If it doesn’t, then you know yourself, and have to be happy with the decisions you made on a personal level,” he said.

In his spare time, his interests range from building custom furniture to writing his blog timwarmels.wordpress.com, where he unpacks scientific studies that relate to finding happiness and efficiency. Although a country boy at heart, he said he loves the culture of Toronto.

“The energy of the city is fantastic. I love seeing live music. On the weekends, you can probably find me sitting in some weird café, drinking coffee and reading.” **THE CANADIAN PRESS**



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Britney Spears. ALL PHOTOS GETTY IMAGES

Lucado-less Britney reaches out to former beau

Britney Spears has reportedly been retreading old romantic territory in the wake of her split from boyfriend David Lucado, at least according to one former flame.

"Britney was making the rounds with ex-boyfriends," ex-boyfriend John Sundahl tells the National Enquirer. "Ten minutes after I saw that she broke up, she called me and said, 'Hey, I just want you to know that we split up

because (Lucado) was with some porn star.' And I was like, 'OK, sorry to hear that.'"

That's not all Spears wanted to talk about.

"She said, 'Are you going to be in town soon?'" he recalls. "Well, look me up and we'll hook up." Britney falls in love very easily."

Spears, who also reportedly reached out to ex Adnan Ghalib, dated Sundahl briefly after her 2007 breakdown.

Nick Jonas bares his finger but still values his values

Nick Jonas is not so pure anymore — or at least he doesn't need a piece of jewelry to remind him to be.

After years of rumours that he and brother Joe Jonas had dropped the pledges that go along with their purity rings, the youngest Jonas Brother admits he's stopped wearing it all together.

"This is real growth in me and not something I'm doing anymore," he tells the Huffington Post. "But I've got my set of values, things that are important to me now at this



Nick Jonas

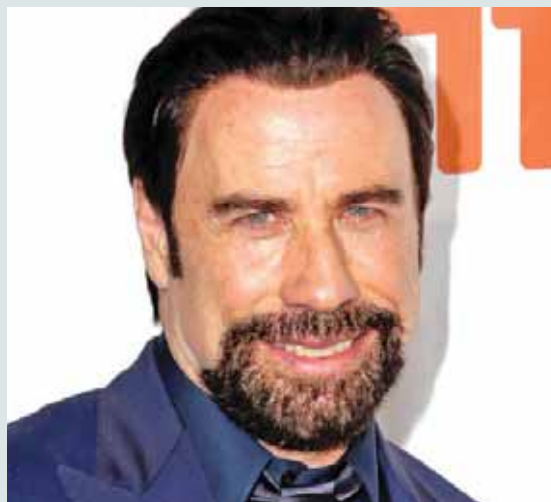
point in my life, and that's all that matters."

That and not advertising to every girl you see that you're a virgin, I guess.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Embattled Travolta has no regrets about Battlefield flick

NED EHRBAR
Metro in Hollywood

John Travolta doesn't seem too bothered about the pending lawsuit from his former pilot, Doug Gotterba, who claims he also had a six-year romantic relationship with the Look Who's Talking star.

"This is every celebrity's Achilles heel. It's just about people wanting money," Travolta tells the Daily Beast.

Yikes. I didn't realize Gotterba got around that much. Every celebrity?

Seriously, though, there's a much, much more troubling revelation in this interview, and it has to do with the universally panned Battlefield Earth, about which Travolta has zero regrets.

"Are you kidding? Why would I ever regret that?" Travolta asks. Although I'd be happy to explain, I get the feeling he doesn't really want an answer.

"I had the power to do whatever I wanted, and I chose to do a book that I thought was worthy of making into a movie," he says. "It's a beautiful film. It's a good movie."

I just ... wow.



Lena Dunham

Girls' girl will see Star Wars if Girls' guy will watch Girls

Now that Lena Dunham's Girls co-star Adam Driver is set to be in the new Star Wars film, she's using the fact she's never seen the famous franchise as leverage to get him to finally watch their HBO series — something Driver has avoided.

"I've never actually seen Star Wars. I understand that this is a huge cultural phenomenon, but I get none of the references," Dunham

tells E! News. "Now I'm going to have to watch — to understand. Adam's never watched Girls, so we made a deal I would watch Star Wars if he watched Girls. We can commune about it like a book club."

Except Driver himself isn't so hot on the exchange.

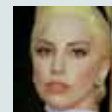
"I don't think so," he says of watching the show. "I'm trying to delay that as much as possible."

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Cities are leading the way for climate action. They give me #ClimateHope.



@ladygaga

Spent a lot of time crying today, happy tears, but many. I can't believe my life. Being able to buy nice things, travel, it's overwhelming.



@DanaDelany

I'm trying this thing where I take a walk instead of a nap. So now I'm sleepwalking.

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10X10 MUSIC VIDEO SCREENING

Theatre 2, Cineplex Cinemas Park Lane

Thursday, September 18, 7:30pm



10 filmmakers + 10 musicians + 5 whirlwind days of planning, shooting and editing = one premiere of all the music videos completed as part the AFF's annual 10x10 competition. Check out the videos, and find out the winner of this year's RBC Foundation Emerging Artist Award. The \$10,000 prize is split between musician and filmmaker. This event is open to "Festival Experience", "Student" Passholders and "10x10 Music Video Screening" Ticket Holders.

CLOSING NIGHT CELEBRATION

Regency Ballroom, Lord Nelson Hotel

Thursday, September 18, 9:00pm

impact

Join us for a phenomenal sendoff under the brilliant chandeliers of the Lord Nelson's Regency Ballroom as we celebrate the closing of the 34th Atlantic Film Festival. We know it's only Thursday, but you're going to be out late, so call in sick on Friday and blame it on the Festival. This event is open to "Festival Experience" Passholders and "Closing Night Party" Ticket Holders exclusively.



ATLANTIC FILM FESTIVAL'S CLOSING NIGHT FILM - MAPS TO THE STARS

Park Lane, Theatre 8

Thursday, Sept. 18, 7:00pm

impact

David Cronenberg's latest feature sees the veteran horror director veering into satire, comedy, and social commentary while still providing enough shocks to satisfy his old audience as he courts the new. This time out it is Hollywood itself that is the Toronto filmmaker's target. The Weiss family is the archetypal Entertainment Industry dynasty: Sanford (John Cusack), the father is a celebrity therapist and best-selling author; Cristina (Olivia Williams), his wife, manages the career of their thirteen year-old son, Benjie (Evan Bird), a TV star. One of Sanford's clients, Havana (Julianne Moore), is an actress who dreams of remaking the film that made her mother, Clarice, a movie star. But her mother, now dead, has come back to haunt her dreams. Benjie emerges from rehab as his elder sister, Agatha (Mia Wasikowska), is released from a stint in a psychiatric hospital where she has been serving time for arson. Ghosts, death, and all manner of vices collide as the family reunites. Both funny and terrifying, Map To the Stars sees All About Eve accelerated into Entourage on steroids. From a master, one of his most masterful films.

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PARK LANE THEATRE 2											Script Out Loud! The Magic of Bozer Connor 4:30PM Page 55							10x10 Screening & Awards Presentation 7:30PM Pg 55			White Bird in a Blizzard Runtime 91 minutes 9:00PM Page 67							
PARK LANE THEATRE 4											Born to Fly Runtime 82 minutes 4:15PM Page 70					October Gale Runtime 92 minutes 6:30PM Page 26					BoyChoir Runtime 103 minutes 9:45PM Page 61							
PARK LANE THEATRE 5							Gulseppe Makes a Movie Runtime 67 minutes 2:00PM Page 71				NextGen Animation Shorts (Encore Screening) Runtime 39 minutes 4:45PM Page 44							CBC Atlantic Shorts Gala (Encore Screening) Runtime 83 minutes 8:00PM Page 19			Atlantic Shorts 6 (Encore Screening) Runtime 83 minutes 10:00PM Page 43							
PARK LANE THEATRE 7											Atlantic Award Winner Encore Screening 4:30PM						The Cuckoo in the Clock Runtime 73 minutes 7:15PM Page 32			Roundabout Runtime 81 minutes 9:15PM Page 33					The Guest Runtime 10 minutes 11:30PM Page 87			
PARK LANE THEATRE 8																		Closing Night Gala Maps to the Stars Runtime 111 minutes 7:00PM Page 21			Camp X-Ray Runtime 107 minutes 9:45PM Page 61							

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Seaside piers, playful days and current politics influenced this year's delivery of Spring/Summer styles at London Fashion Week.

MARISSA FENTIMAN
Metro World News



Burberry Prorsum

Youthfulness was at the core of the collection entitled The Birds and the Bees, with sheer fabric swathed around the models' bodies in a bandage-like fashion overlain with denim jackets, finished in shearling and ostrich feather trims. But it was the fresh spring spin on the house's heritage stalwart — the trench coat in hand-screened flora and fauna — which truly blossomed.

5

runways that rocked LFW

Vivienne Westwood Red Label

Vivienne Westwood turned the runway into a political rally for the "Yes" campaign in the upcoming Scottish referendum on the nation's independence from the U.K. The clothes were as outspoken as her politics: oversized '70s-style shirt collars and shoulders, textured leggings and hats that wouldn't look out of place in the French Revolution — apt coming from the anarchic Grand Dame.



Topshop Unique

"The faded glamour of the British seaside" was the romanticized theme for the Topshop Unique show. You'd do well to discover those past glories through the sea-salt rotted piers and cheap arcade gaming shops, but the high street fashion house managed to find something more cheery amongst the wreckage. Indeed the clothes were bold in cut and (primary) colours: slipdresses, babydolls, and ruffled short shorts came with striped wedges.



Paul Smith

The designer's Spring '15 outing was easy like a Paul Smith Sunday afternoon. The clothes were made for lounging: relaxed tailoring, blouses and floaty linen tops in taupe, blush, and cornflower blue. Here, the manish tailoring that's quintessentially Paul Smith translated into deconstructed jackets and oversized culottes. There was femininity, too, with sheer panels on skirts and fringing on tank tops.



Christopher Kane

The Scottish designer tied his collection together with rope ... quite literally. Cord was worked into dresses, hems and even drawstrings on a pair of bordeaux-coloured leather track pants. The colour palette was subdued, almost wintry, perhaps in part in respectful memory of his mentor, the Central Saint Martins professor Louise Wilson, who died recently. But there was still excitement, albeit more pared down than in seasons past with "controlled explosions" of tulle from collars and hems.



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Modern twist on traditional comfort food

Cookbook of the Week

Simplify real homemade food



An advocate for simple, healthy cooking, Michael Smith uses his latest book, *Family Meals*, to inspire readers to create great-tasting meals for their own families. In the release, Smith shares the recipes he loves to cook for his own family along with tips on how to make cooking together fun. Among the 100 recipes are: Maritime Mussel Chowder, Sweet Potato Chickpea Stew, Nacho Burgers, and more. **METRO**

Stovetop Chicken with Herb Dumplings.

Typically cooked with a whole chicken, this meal uses speedy-to-make chicken breast

1. Start making the stew. Heat your favourite heavy skillet over medium-high heat. Pour in the vegetable oil, then add the butter (the oil prevents the butter from burning). Add and sear the chicken breasts, building a golden-brown crispy crust on each side, about 15 minutes total. Remove the delicious chicken to a plate.

2. To the skillet, add the onions, celery, carrot and garlic along with a splash or two of water to loosen and dissolve all the flavourful browned bits. Stir and cook until sizzling, 5 minutes or so. Reduce the heat to medium. Sprinkle in the flour and stir until it's evenly absorbed by the butter. Pour in the wine and stir the works again. Pour in the cream and water and continue cooking, stirring often, until

Ingredients

For the Creamy Chicken Stew

- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 ml) or so butter
- 2 boneless, chicken breasts
- 1 large onion, chopped
- 2 celery ribs, diced
- 1 large carrot, diced
- 4 garlic cloves, thinly sliced
- 2 tbsp (30 ml) all-purpose flour
- 1 cup (250 ml) white wine
- 1 cup (250 ml) whipping cream
- 1 cup (250 ml) water
- 1 cup (250 ml) frozen green peas or corn
- 1 tbsp (15 ml) fresh thyme
- 1 tsp (5 ml) salt
- Lots of freshly ground pepper

For the tender dumplings

- 1 cup (250 ml) all-purpose flour
- 2 tsp (10 ml) baking powder
- 1/2 tsp (2 ml) white sugar
- 1/2 tsp (2 ml) salt
- Handful of chopped parsley
- 1/2 cup (125 ml) milk
- 1/4 cup (60 ml) butter, melted

the sauce is beautifully thickened and smooth.

3. Meanwhile, chop the chicken into bite-size pieces. Return them to the pan along with the peas. Season with thyme,



This recipe serves four. RYAN SZULC

TOTAL TIME
ABOUT 30 MINUTES

salt and pepper. Turn off the heat.

4. To make the dumplings, in a medium bowl, whisk together the flour, baking powder, sugar and salt. Stir in the parsley. Add the milk and melted

butter, and stir together until the dough is just blended. Return the chicken stew to a slow simmer. Spoon 10 or 12 dumplings over the stew. Cook, uncovered, for 10 minutes, then cover tightly and cook until the dumplings are

fluffy and tender, about 10 more minutes. Spoon, serve and share!

RECIPES FROM FAMILY MEALS: 100 EASY EVERYDAY RECIPES BY MICHAEL SMITH. COPYRIGHT MICHAEL SMITH, 2014. REPRINTED BY PERMISSION OF PENGUIN CANADA BOOKS INC.

For your phone

SideChef (iPad/iPhone; free)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This narrated, step-by-step cooking community includes shopping lists, voice controls, and tools to share your own recipes. The variety's good, but the use of tokens to unlock content is annoying.



Side. Beet Red Quinoa

1. Toss the beets into a small pot. Pour in the water and add the quinoa, olive oil, honey and salt. Bring to a furious boil, then reduce the heat to the slowest, steadiest simmer possible. You may find that even your lowest heat is still too much, so try offsetting your pot a bit from the heat.

Ingredients

- 1 large or 2 small beets, peeled, grated through the large holes of a box grater
- 2 cups (500 ml) water
- 1 cup (250 ml) quinoa, well rinsed
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 ml) honey
- 1/2 tsp (2 ml) salt
- 1 tsp (5 ml) red wine vinegar



This recipe makes about 4 cups (1 l). RYAN SZULC

2. Cover and gently simmer until the quinoa is brilliant red and tender, 15 minutes or so. Turn off the heat but don't uncover the works, and let rest for 5 minutes. Unveil and stir in the vinegar. Serve and share!

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Be of good chair

Whether it's a single in the corner of the bedroom or a pair holding court in the living room, armchairs offer more than a place to park yourself. They're also a great way to inject some personality into a room. Here are some accent-seating options to add dazzle to your place through the entertaining season and into the long winter ahead



DESIGN CENTRE
Karl Lohnes
home@metronews.ca



The finishing Tux

Add a touch of classic houndstooth pattern to your space. Tux Chair, \$1,200, CrateAndBarrel.com

Say zen!

Smooth, sensual lines give this chair a groovy zen vibe. Karbon Chair, \$700, EQ3.com



In rare form

Form and structure offer up the look of an architect's prototype. Kanji Armchair, \$400, Structube.com



Tuft act to follow

Mid-century modern goes traditional with a winged back and button tufting. Strandmon Wing Chair, \$329, Ikea.com



When in chrome

Rounded leather and chrome scream '70s sex appeal. Caitlin Leather Lounge Chair, \$2,270, Elte.com



Simply irresistible

Simple and sculpted with a pop of colour. Rebecca Armchair with wooden legs, \$810, UrbanMode.com

A new countertop? Wooden it be nice

DIY. Replace your old kitchen counter with a luxurious yet affordable one made from wood planking

Renovations around the home can often feel overwhelming and endless. There's always something that needs fixing or updating.

More reno ideas

For more inspiration and home renovation ideas, catch all-new back-to-back episodes of Daryl's Restoration Over-Hall, Tuesdays at 10 p.m. ET/PT on DIY Network Canada.

The kitchen is an area that can quickly begin to show wear and tear, but here is an

easy solution: Replace your countertop with a wooden alternative. It's a great option for creating a luxurious look at an affordable price. This DIY project allows you to either redo your whole kitchen or tackle a single area such as an island counter.

Getting started

When selecting the wood, keep esthetics and durability in mind. Most types of wood can be used, so determine the look and quality you want. Your local hardware store can help you make a selection or you can recycle material such as an old door. Make sure to have proper safety equipment and do not use machinery you don't know how to operate — it's always OK to ask for help.

Muscle work

Begin by measuring your current counter to determine the amount of wood you will need and how big the planks should be. Once you've purchased the wood, you can now remove your countertop and place it onto the new wooden planks. Use the existing counter as a guide and outline. Trace the counter's outline, then re-



Give your kitchen a whole new look with a real wood counter that's easy on the pocketbook. ISTOCK

move it and proceed to cut the wood. Make sure to cut on the outside of the line you've marked to keep the right dimensions.

Detailing

Once you're done cutting, sand everything down to take away the roughness and smooth down edges.

If you are using large slabs of wood, remember to cut holes for the sink and faucet if necessary. If you are using several pieces of wood, prepare wooden cleats to assemble the pieces together and screw into place. Stain the wood by applying two coats with a brush and using even strokes. Once dry, apply a coat of finishing glaze/lacquer — this will help waterproof and stain-proof the wood. Slide the countertops back into place, make adjustments where needed, and secure everything with screws from the underneath of the counter.

Preserving wood

- Do not place hot items, such as hot pots or pans, on the counter.
- Always use a cutting board — do not use the wood's surface to cut on.
- Avoid leaving wet items on the counter.
- Treat counters with mineral oil every couple of months for protection.

TOP SIX @ 6
Weeknights at 6 Kat counts down the HOTTEST songs of the day

- 6 Shawn Mendes Life of the Party
- 5 Charlie XCX Boom Clap
- 4 Jessie J, Ariana Grande and Nicki Minaj Bang Bang
- 3 Katy Perry This is How We Do
- 2 Iggy Azalea ft Rita Ora Black Widow
- 1 Taylor Swift Shake It Off

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Time for a thorough cleaning

We know Canadian winters can be tough on our homes — both inside and out. Here are some time-saving tips to stay ahead of the harsh weather from specialists at Home Depot Canada:

PREP THE DECK

Cleaning the deck's surface, especially removing debris caught between deck boards, can save a lot of time come spring. Consider using a power washer and recommended cleaner to remove mold, mildew and grime. When the surface is clean again, seal it with a weatherproofing wood stain.

KEEP A MAINTAINED ROOF

A well-maintained roof keeps the warm air in and cold air out. Being proactive now with repairs and maintenance will prevent larger issues in the spring months. Remember to check and examine if there are any leaks, ventilation issues, or insulation deficiencies.

INSTALL DOOR SWEEPS

A door sweep takes care of air leaks at the



SHUTTERSTOCK

bottom of doors common in older homes. A door sweep is easy to install with a few simple screws. By applying weather stripping, you can save up to 20 per cent on heating and cooling bills.

PREP DRAINS FOR WINTER

Prepare for the winter run-off by adding a downspout extension to your current drainage system. Come spring, melting snow should be directed at least three to four feet away from your home's foundation. Make

sure exterior faucets have been turned off. Any water left in the pipe could freeze, forcing expensive repairs for burst pipes.

FALL DUST DOWN

Now is the time to thoroughly clean heating ducts, grills, registers and ceiling fans. Air filters should be replaced at least once every three months as they can become clogged, causing your system to work less efficiently and increasing operating costs.

— News Canada

YOUR DREAM FALL GARDEN

Why not celebrate the start of a new season with glorious colours, shapes, and textures of the fall harvest? With just the right flowers you can achieve it in your own garden.

Sonia Palermo is a senior director in the floral and garden division at Loblaw Companies Limited. With eight years of experience in this field, take a look at some of her best ideas for fall gardening, including some insightful tips and trends.

FALL ARRANGEMENTS

Transition your summer gardens with mixed arrangements like outdoor fall mums, kale and asters. These traditional fall flowering plants make a great addition and add a splash of colour while refreshing your garden's look.

USE COLOURFUL DETAILS

Outdoor fall mums with grass are the perfect accent for any open spaces in a garden or to simply drop into a planter on the deck or patio. Or use coneflowers, which are multi-stemmed plants with bushy, upright growth and large flower stalks that come in a variety of colours.

BRING THE OUTDOORS IN

Extend the fall theme inside. Seasonal fruits can add rich, warm colour to your home decor in seconds. Combine different shapes on a mantel or bookshelf for an extra pop of colour. Gourds and pumpkins can add a warm fall glow to any room as well. Make your own stunning candle holder by hollowing out a harvest favourite. Or showcase gourds, winter squash, Indian corn and small pumpkins on the dinner table as a beautiful centrepiece.

— News Canada

GETTING STARTED IS THE HARDEST PART

Spring cleaning gets all the attention, but fall is the perfect time to get the outside of your house ready to guard against cold temperatures and the inside of your house set up to begin the hibernation process that winter often brings for many Canadians.

Not sure how to get started? Here are the

top five tasks to tackle this fall:

- Clean and store patio furniture, or wrap them securely with a tarp if they won't fit indoors.
- Drain and store garden hoses and empty pipes to prevent freezing.
- Check caulking around windows and doors.

- Arrange an air duct cleaning to prevent dust and other irritants from being blown around the house.
- Do a thorough cleaning and dusting of hard to reach places like behind the refrigerator and couch.

— News Canada

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No rookie nerves for home opener

Mooseheads. New Halifax players primed to play at Metro Centre



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

When Morgan Nauss was a wee toddler, he sang along to "battle on the boards and the puck comes loose," a little ditty about his favourite hockey team.

Now the 16-year-old from Hammonds Plains is manning the blue-line for that very team.



Morgan Nauss
CONTRIBUTED

The rookie defence-man made his regular-season debut with the Halifax Mooseheads for two road games last weekend, but will wear the green, red and white on home ice for the first time this weekend.

The Herd faces off against the Moncton Wildcats at 7 p.m. on Friday, and then takes on the Saint John Sea Dogs at 7 p.m. on Saturday, both at the Halifax Metro Centre.

"My mom found this video of me the other day, when I was two years old, singing the Halifax Mooseheads song," Nauss said Wednesday of getting to lace up his skates with the local QMJHL team he grew up idolizing.

"I'm finally going to be on the ice, playing in the game, instead of just watching."

Nauss has already shaken off any rookie jitters. The five-foot-10, 173-pound player opened the scoring, assisted on the OT game-winner and added another helper in last Saturday's 6-5 win over the Charlottetown Islanders.



Mooseheads forward Timo Meier keeps the puck away from the Islanders' Spencer Cobbold last Saturday at the Eastlink Centre. The Herd will play their home opener on Friday against the Wildcats. JASON MALLOY/THE CHARLOTTETOWN GUARDIAN

"All of us are going to be ready for Friday," he said of the home opener he's been waiting for since, well, infancy.

And yes, mom will be there, along with dad, both sets of grandparents and many other supporters.

Cole Harbour's Brett Crossley, also 16, will have a similar-sized crowd come out to watch his first official game on Mooseheads ice.

"In between 70 and 80 people have said that they'll be around, from friends at school to people that helped me along

Quoted



"I've watched multiple home openers in the past, and it's always a big crowd."

Mooseheads forward Brett Crossley

the way in hockey," the hometown forward said Wednesday.

But he's not rattled by the

big audience.

"It's going to be like any other game, once you get on the ice," the five-foot-11, 161-pound Crossley said. "I'm sure it will be loud ... but at the same time, you have one goal in mind, and that's to win the hockey game."

Rookie netminder Kevin Resop, 17, will be called upon to man the posts, as veteran goaltender Zachary Fucale, 19, attends Montreal Canadiens training camp. Resop's parents are coming up from St. Petersburg, Fla., to cheer him on.

Out 6-8 weeks

Lussier goes under the knife for broken wrist

Overage defenceman Jesse Lussier will be out of the lineup for at least six weeks after undergoing surgery on his broken wrist Wednesday, the Halifax Mooseheads announced.

It could take up to eight weeks for Lussier to heal from the injury sustained in the QMJHL franchise's first game of the 2014-15 season, a 4-1 loss to the

Acadie-Bathurst Titan last Friday.

The Herd's blue-line is, quite literally, hurting, with alternate captain Austyn Hardie suffering a lower-body injury and rookie Josh Fitzgerald dealing with an upper-body injury.

Both Hardie and Fitzgerald are "day-to-day," the Mooseheads said, which means they could be on the ice in time for Friday's home-opener against the Moncton Wildcats.

An additional hole on the blue-line has been veteran Matt Murphy, who is staying with the Ottawa Senators for their main training camp. Also remaining with their respective NHL franchises for camp are goaltender Zachary Fucale, with the Montreal Canadiens, and forward Nikolaj Ehlers, with the Winnipeg Jets.

Returning from NHL rookie camps are forwards Philippe Gadoury, who trained with the Canadiens, and Daniel Moynihan, who was with the San Jose Sharks as a free agent.

KRISTEN LIPSCOMBE/METRO



Jesse Lussier
CONTRIBUTED

'We made a mistake.' Vikings call audible on playing Peterson

Minnesota Vikings star running back Adrian Peterson was declared out, back in, then out again as he faces a felony child abuse charge in Texas.

This time, he could be gone for the season.

"We made a mistake," Vikings owner Zygi Wilf said,

"and we needed to get this right."

Vikings executives emerged Wednesday from a late-night deliberation to voice regret of their initial decision to let Peterson play this week after sitting him for a game once he was charged with injuring his four-year-old

son by spanking him with a wooden switch. Now Peterson is back on paid leave through a special roster exemption granted by the NFL, the same protocol cited by the Carolina Panthers as they sat defensive end Greg Hardy a few hours later while he deals with his own domestic violence case.

"We will support Adrian during this legal and personal process, but we firmly believe this is the right decision," said Wilf, the team's co-owner with younger brother Mark Wilf.

During a 17-minute news conference at Vikings headquarters, the word "right" was

used a total of 34 times by the Wilfs, vice-president Kevin Warren and general manager Rick Spielman. They expressed concern about child welfare, recognized their role as public figures and reminded the audience of the community service work done regularly by players. **THE ASSOCIATED PRESS**

O's laughing all the way to the AL division series

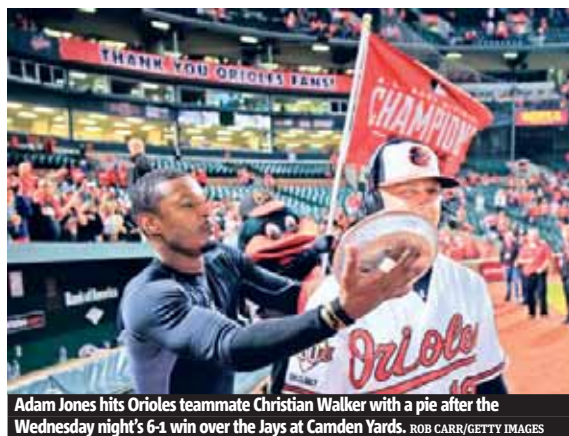
MLB. Unlikely hero Pearce is catalyst in AL East champ Baltimore's sweep-clinching win over Toronto

The Baltimore Orioles had every right to experience a letdown just one night after clinching their first AL East title in 17 years.

It would have made perfect sense, except the players — and Steve Pearce in particular — are simply having too much fun.

Pearce homered twice and drove in four runs as the Orioles beat the Toronto Blue Jays 6-1 Wednesday night for a three-game sweep.

One of the key components of Baltimore's surprising season, Pearce hit a solo shot in the third inning and a three-run drive in the fifth. His 20



Adam Jones hits Orioles teammate Christian Walker with a pie after the Wednesday night's 6-1 win over the Jays at Camden Yards. ROB CARR/GETTY IMAGES

homers this year are three more than the 31-year-old had previously in his entire career.

"It's just a great feeling," Pearce said. "I don't know, it's just great to contribute on this team and win ball games. Personally, it feels great for me and I want to continue doing

what I'm doing."

Pearce, who also connected Tuesday night in the division-clinching victory, has seven RBIs in his last two games.

In the seventh inning, Aaron Sanchez threw a high, inside pitch that sent Pearce to the ground. Then, for the third

time in three games, the plate umpire warned both teams about throwing at batters.

"No intention," Sanchez said. "Just sailed on me."

It was the 10th win in 11 games for the Orioles, who have a shot to earn home-field advantage throughout the AL playoffs. Baltimore started the day three games behind the Los Angeles Angels with 11 to play.

J.A. Happ (9-11) gave up both homers to Pearce and lost his third straight start. Toronto pitchers have surrendered home runs in seven straight games.

"They are where they are at for a reason," Happ said. "They are playing at a high level right now all around."

Jose Reyes drove in a seventh-inning run for the Blue Jays, who have lost four in row. Their wild-card chances now are only mathematically viable.

THE ASSOCIATED PRESS



Messi sets up winning goal

FC Barcelona's Lionel Messi is brought down by Carlao of APOEL FC during their UEFA Champions League Group F match on Wednesday in Barcelona. Gerard Pique headed in Messi's free kick for the only goal in Barcelona's 1-0 win. Scan the image with the Metro News app for additional Champions League results. DAVID RAMOS/GETTY IMAGES



Women's hockey

Bonhomme retires from Team Canada

Veteran Canadian women's hockey defenceman Tessa Bonhomme is retiring from international competition.

Bonhomme made her

international debut at the 2004 Four Nations Cup and finished her career with 51 points (10 goals, 41 assists) in 107 games.

The 29-year-old native of Sudbury, Ont., won gold with Canada at the 2010 Olympics in Vancouver.

THE CANADIAN PRESS

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Don't compromise your principles today. You may think others will admire your pragmatic approach, and maybe they will, but rivals will see it as a sign of weakness.

♉ Taurus

April 21 - May 21

Avoid anything too adventurous today. Stick with what feels right to you, even if others say it is boring. You know what you like and there is no reason why you should change it.

♊ Gemini

May 22 - June 21

If you get the chance to improve your cashflow situation, take it. Your ability to make quick and correct decisions means you will be much in demand today.

♋ Cancer

June 22 - July 23

Be careful that what you say to a loved one doesn't hurt them. You have every right to express your opinion, but you also have a responsibility to think what the consequences might be.

♌ Leo

July 24 - Aug. 23

You are desperate to spread your wings. You will get the chance not long after the Sun changes signs on the 23rd. For now, finish what you started.

♍ Virgo

Aug. 24 - Sept. 23

You may not be able to take your own plans further right now but you can certainly help a friend with something that means a lot to them.

♎ Libra

Sept. 24 - Oct. 23

Whether or not you have the experience to take on a new role at work is irrelevant. What matters is that you have the intelligence and the ambition.

♏ Scorpio

Oct. 24 - Nov. 22

What you get over the next 24 hours may not be what you want but it is exactly what you need. If a friend makes a suggestion, you would be wise to take it seriously.

♐ Sagittarius

Nov. 23 - Dec. 21

A little knowledge can be dangerous, so whatever it is you discover today don't act on it yet. In the fullness of time you'll find it is only half of the picture.

♑ Capricorn

Dec. 22 - Jan. 20

Don't waste time on petty arguments when there are so many important matters that require your attention. There's enough room for every opinion.

♒ Aquarius

Jan. 21 - Feb. 19

However much you might fear the unknown, confront it over the next few days. Otherwise, you may not be in the frame of mind to take advantage of the opportunities coming your way.

♓ Pisces

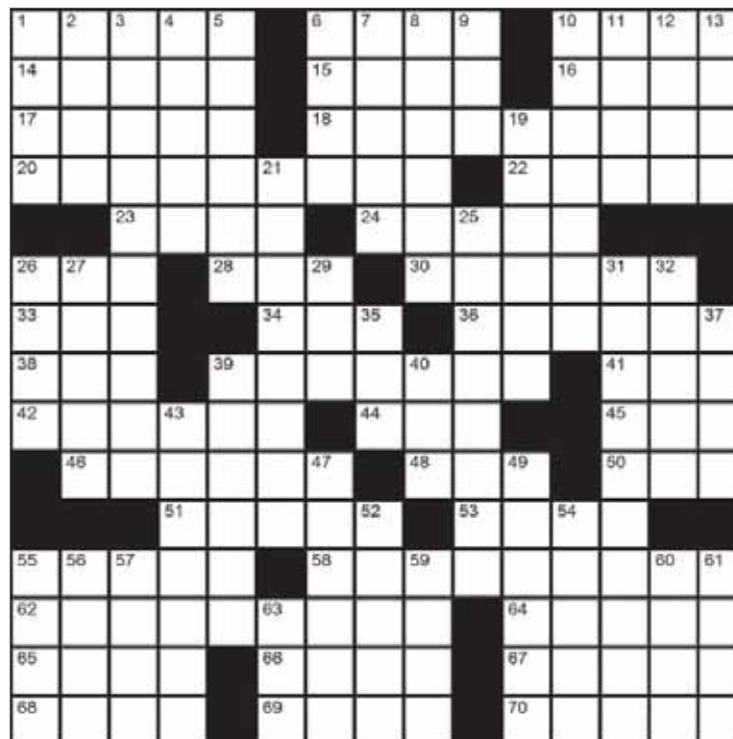
Feb. 20 - March 20

You know what you want and you know how to get it. So what are you waiting for? The time is right to make your bid for fame and fortune, so don't hold back a moment longer.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Alexandre __, The Count of Monte Cristo author
6. Force on upcoming FOX series "Gotham" [acronym]
10. Loudness unit
14. Denigrate
15. "This is __ big mistake!"
16. Cedar Rapids state
17. __ a beet
18. Nova Scotia's celebrated folk artist (b.1903 - d.1970): 2 wds.
20. Artsy event: 2 wds.
22. Heraldic wreaths
23. Actor Will
24. Huge
26. Mineral __
28. Scottish writer Josephine
30. 'Apple pie a' needs it: 2 wds.
33. She's opposite
34. Sine __ non (Essential thing)
36. Referencing
38. US dog org.
39. Arctic footwear
41. Dietary letters
42. Type of beard
44. Gremlin
45. High society, Bon __
46. Task-ful trip
48. Charles Dickens protagonist
50. Winnipeg airport code
51. Go in
53. Sud's opposite
55. Brit now living, e.g., in Canada
58. 1995 novel by Canadian author Wayson Choy, The __
62. "Yukon Men" channel
64. Showbiz agent,



- Swiftly __ (b.1907 - d.1993)
65. Tuner
66. Frozen beverage name
67. "Let's Make __": 2 wds.
68. Van Gogh's Bank of the __ at Auvers
69. Middles, mini-ly

70. Director Mr. Harlin

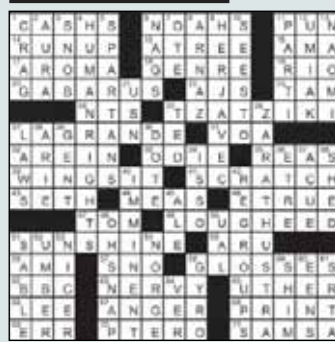
Down

1. Jeanne __
2. Slangy 'super'
3. Island-of-animals 2005 animation
4. "It's __ bet that..."
5. Group of six

6. Explorer, Vasco da __
7. Insurance company filing
8. Canadians (note the 's'), as opposed to Canadian
9. Father
10. Stock pantomime character

11. Wolf's wall
12. Boo-boo
13. Northern BC's __ River
19. __ Express (Canada-based courier)
21. Patronize
25. The __ (Canuck artist Tom Thomson tree painting)
26. Certain carpet
27. 'Orange' tea
29. Chuckling sound!
31. Donald Sutherland war picture starring Lee Marvin, "The __" (1967)
32. Fund
35. Will Smith movie
37. Turf ruler
39. Have the intention: 2 wds.
40. Li'l strike caller!
43. Overly-sweet sentimentality
47. Dishearten
49. Tree type
52. More unique
54. Writer Charles' bookish surname
55. Taro root
56. Gladiator's 13
57. Pro bono TV spots
59. Nice 'n Easy products
60. "Wavin' Flag" by K'__
61. Every 12 mos.
63. The Old __ (Theatre in London, England)

Yesterday's Crossword



Online

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metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

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